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| Ingredients for Lentils 3 Tbsp Olive oil  2 cloves Garlic, minced or pressed  1-2 each Onion, finely chopped  *½ to 1 lb Slab Bacon, diced 1 inch thick with*  *1 lb Italian style Sausage or Andouille, cut into 1 inch rounds-* ***Optional***  1 tsp Tomato paste  3 tbsp Cumin  1 lb Lentils, sorted and rinsed  1 cup White wine  2 cups Water  2 each Carrots, small diced  1 cup Cherry Tomatoes, halved  4 cups Baby Arugula  4 oz Fresh goat cheese, crumbled (optional)  Salt and pepper, to taste | Equipment  * Chef’s knife * Dutch oven * Medium bowl   **Directions for Vinaigrette**   1. Mix olive oil, red wine vinegar, and Dijon mustard to a small bowl and whisk together. 2. Pour over lentils and toss well. |

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| **Ingredients for Vinaigrette**  ¼ cup Olive oil  ½ cup Red wine vinegar  2 tbsp Dijon mustard | Equipment  * Small bowl * Whisk |

## Directions for Lentils

1. Heat oil in a Dutch oven on med-high heat. Add onions and garlic and sauté for 5-7 minutes until light golden at edges. ***Add the smoked meat if using.***
2. Add tomato paste and cumin and sauté for an additional 2-3 minutes.
3. Add lentils, wine, and water. Bring to a boil and reduce to a simmer. Cover and cook for 30 minutes.
4. Add carrots and continue cooking for another 15-25 minutes until lentils are tender. Season with salt and pepper.
5. Drain lentils if there is too much liquid and transfer to a bowl with the dressing while lentils are warm.
6. Toss well and add goat cheese and fresh cherry tomatoes. Serve warm or cold on a bed of arugula.